

As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society, and the world.

From the President Gathering Planning 2019?

What a magnificent day we had in June when we gathered to laugh, learn and love the Lord! I wanted to share with you some of the wonderful and insightful comments you shared with us on the evaluation forms. As a board, we always spend some time with these evaluations, because it is the way we have to improve and make the next gathering even better! Some really liked the worship service, but would like to have had music to help with the singing. Many were inspired by Pastor Anita's sermon. We always struggle with allowing enough time between things for shopping, bathroom breaks and just getting from place to place. Some want more time, others less. Some of you enjoyed the smaller portioned and healthier options for the luncheon, others not so much.... In the past, voting members



Your new SWO Board for 2018-2019
Front: Diane Wills, President, Nancy Miller
Back: Jane Godson (seated), Bev Sheridan, Treasurer, Deb Jacobsen, Bonnie Dralle, Millie Dieter, Lavonne Teem, Anna Jetson, Secretary, Jennifer Larson, Jan Harbaugh, Vice President, Della Benson

have asked for shorter business sessions, but then we receive comments that voters feel as if what they are doing is unimportant. Nothing could be further from the truth! Without you we would have no board members, nominating committee and no budget! You appreciated the variety of interest sessions this year and a few expressed sorrow at having to choose. The Bremwood students who shared their worship experiences with you were definitely one of the favorites, but Pastor Mark Anderson and the Bishop also received very positive comments. Quite a few appreciated the creative experience of making their first mandalas with Sister Bernadine and others learned new things about life on the Pine Ridge Indian

Reservation, LSI foster parenting and planned giving in the ELCA.

Overwhelmingly, Pastor Kevin Doely, musical ventriloquist, brought down the house! Some even mused

“how we could possibly top that next year!” I am not sure, but with the guidance of the Spirit we are going to try! Thank you for sharing with us! *Blessed to be a Woman of the ELCA, Diane Wills*

FOUND

a pair of glasses with neck chain in name tag box after the gathering. Please call or email Diane Wills for their return.

Mission Area: Discipleship

DISCIPLESHIP was alive and well at our Women of the ELCA annual convention. The women who volunteered to help with all the tasks to the ones who volunteered for a position on the synod board help spread the word of the Women of the ELCA and also the word of our Lord. As the outgoing vice president and a member of the board I would like to thank each and every one of you who helped make this a wonderful day. The presenters were awesome, as was the keynote speaker Pastor Kevin Doely and his friends, including Martin Luther. And a big thank you to our churchwide representative, Barbara Tormondsen. She was a delight to get to know.

This was the 31st annual gathering of the Women of the ELCA and we need to tell our stories of faith. Look in the future for information on a new Facebook page ([NE IA Women of the ELCA](#)), Twitter and other social media venues. But in the meantime, don't forget our web page to see pictures of the convention and the fun that was had.

So if you have never attended one of our conventions, listen to the stories that will be told in the next year and make a plan to attend. It is truly amazing. *Cindy Pogge, Discipleship committee*

Mission Area: Justice

How can the church address Adverse Childhood Experiences?

We have known for a long time that there are many children who suffer from trauma due to abuse, natural disasters, death of a parent or loved one, etc. In fact, most of us have dealt with some traumatic experiences at some point in our lives. However, too many of these experiences, without the needed support and knowledge to deal with them, can cause lasting problems. I have recently become aware of a questionnaire that helps determine a person's adverse childhood experiences and how these experiences affect them into adulthood. This questionnaire is called the ACE (adverse childhood experiences) questionnaire and is now being used in more and more health clinics as they deal with many of the health effects caused by trauma. The schools are also beginning to use a trauma informed format based on ACEs to deal with behaviors they see. Churches recently are also becoming trauma informed, which means they are:

CALENDAR

Jul. 30–31	Field Trip to Minneapolis-St. Paul to visit Global Health Ministries, the LWR warehouse, and more
Aug. 1	Deadline for Sept. <i>Good News</i>
Sept. 1	Deadline for Oct. <i>Good News</i>
Sept. 29	Cluster D Gathering @ Decorah Lutheran, 9 a.m.
Oct. 1	Deadline for Nov. <i>Good News</i>
Oct. 20	Cluster G Gathering
Nov. 1	Deadline for Dec. <i>Good News</i>
Nov. 3	LWR Truck Loading, Olson's Explosives, Decorah, 7:30–10:30 a.m. Ingathering for C, E and H, Fredsville Lutheran, rural Cedar Falls, 8:30–11:00 a.m.
Dec. 1	Deadline for January <i>Good News</i>
2019	
Apr. 13	LWR Ingathering, St. Peter LC, Denver
Nov. 9	LWR Ingathering, St. Peter LC, Denver
June 22	32 nd Annual NE IA Women of the ELCA Gathering, Wartburg College, Waverly

- 1 Realizing the widespread impact of trauma.
- 2 Recognizing the signs and symptoms of trauma in people.
- 3 Responding by fully integrating knowledge about trauma into policies, procedures, and practices.
- 4 Seeking to actively resist re-traumatization.

Below are some links I would encourage you to open and read to become more informed about this new approach which is seeking to more appropriately deal with trauma and its life long effects on those who have been exposed to it.

<https://medium.com/christian-citizen/building-a-resilient-church-as-a-trauma-informed-community-909376fb564d>

<http://www.acesconnection.com/blog/why-be-trauma-informed-a-training-for-churches-by-chaplain-chris-haugheedmin>

<http://www.intermountainministry.org/wp-content/uploads/2012/11/List-of-Resources-for-Churches-interested-in-learning-more-about-ACEs.pdf>

<https://hope4hurtingkids.com/trauma-tragedy/trauma-impacts/trauma-informed-churches/>

<https://www.ministrymatters.com/all/entry/8726/how-can-the-church-address-adverse-childhood-experiences>

Submitted by Nancy Miller

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Mission Area: Stewardship

A thousand thanks!

The offerings at the Gathering were so generous! At the communion service, the offering came to \$3,859.50. The in-kind offerings amounted to \$100 cash, over 4,500 bandages and 886 bars of soap. We really experienced the spirit of stewardship. Again, a thousand thanks!

Around the Synod

Little Flock Cluster B Spring Gathering was held April 28, 2018. What a beautiful day for a drive through the country north of Strawberry Point to St. Sebald Lutheran Church! An ice breaker with garden seeds started off our program for our flock of 50 and the topic of discussion was "What is Enough?!" We listened to Margaret Harvey as she led devotions. Kris Morarend, organist, shared the history of the pipe organ and part of the history of St. Sebald Lutheran Church. Margaret Harvey and Marjorie Lewis added to the history.

A beautiful paper woven heart was handed to everyone and each was asked to write a prayer concern. Then the hearts were exchanged so that each of us could pray about that prayer concern throughout 2018.

Several handouts and forms were available for all to take regarding LWR supply list, NEIA Synod WELCA convention in Waverly, summer trip to Minneapolis to see the LWR and Global Health Ministries warehouses, Mary's Place, shopping, and a Twins baseball game.

Our business meeting was led by Jane Godson. Every church needs to have their WELCA constitution and by-laws turned into Diane Wills for review. Many THANKS to Jane Godson and Linda McMilin for leading the flock for the last two years and advising the churches for their gathering. New Board members for July 2018 are Ann Jens. (pres.), Pauline Rieck (sec.), Rosetta Anderson (treas.), LuAnn Hunt, and Anna Schroeder.

A collection was taken and it was decided to send, after the offering that is sent to the WELCA organization was taken out, that half of the monies would be sent to the Seminary Fund in Dubuque (supporting a female student) and the other half to St. Sebald, s Navajo Lutheran Scholarship Fund.

The Board will meet on July, 15, 2018, in Volga at St. Paul Lutheran Church to start planning the Fall Gathering. *Submitted by Jane Godson*

Good News

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Articles are due the 1st of the month for the next month's newsletter (e.g. April 1 for May issue). Please put WELCA in your subject line. (You can also send paper copies by "snail" mail.)

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neiasynod.org/women-of-the-ELCA